



PSYCHODERMATOLOGY

DERMATOSIS NEGLECTA: CASE REPORT

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Background: Dermatoses neglecta also known as terra firma-forme dermatosis or duncan dermatosis, is a condition characterized by grayish-brown plaques that at first glance appear to be acanthosis nigricans. Although very common, it is rarely described in the medical literature and little known by general practitioners and dermatologists.

Observation: A 38-year-old female patient from the state of São Paulo, presented on physical examination brownish lesions with a slightly verrucous surface on the back of the left hand, thickening of the nail plate of the first and second left and right first non-cut quirodactyls for two years. A friction of the lesion with cotton soaked in isopropyl alcohol at seventy percent was performed during consultation, with the mechanical removal of the lesion revealing the normal appearance of the underlying skin.

Key Message: Although it is a benign condition, it can be confused with other diseases hindering the real diagnosis. Therefore, dermatologists' awareness of dermatosis neglecta facilitates diagnostic suspicion and prevents unnecessary biopsy and improper investigative evaluation. The therapeutic test with isopropyl alcohol is a simple task that facilitates the diagnostic conclusion and saves time and resources that would be unnecessary to elucidate the case. Other treatment options include the use of exfoliants, salicylic acid, ammonium lactate and urea, in addition to the need for psychological counseling, which is fundamental. Furthermore, it is decisive for the physician to see an aesthetically discomforting dermatological condition disappear with the simple application of isopropyl alcohol and for the patient to know that he is not suffering from a serious disease or permanently disfiguring condition.

